

TRAIN LIKE AARON TAYLOR-JOHNSON

WORKOUT PROGRAM

NOTE:

THIS IS A VERY ADVANCED PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5 MINUTES OF MODERATE INTENSITY CARDIO
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
DOWNDOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS
BEAR CRAWLS X 30 STEPS

DAY 1 | FULL-BODY STRENGTH

- 1. BARBELL DEADLIFTS**
REST 2-3 MINS 5 SETS OF 5 REPS
- 2. BARBELL BENCH PRESS**
REST 2 MINS 3 SETS OF 8 REPS
- 3. BULGARIAN SPLIT SQUATS**
REST 90-120 SECONDS 3 SETS OF 8 REPS PER SIDE
- 4. PULL-UPS**
(USE BANDS OR WEIGHTS TO ADJUST DIFFICULTY)
REST 2 MINS 3 SETS OF 6 REPS

DAY 3 | FULL-BODY STRENGTH

- 1. BARBELL BACK SQUATS**
REST 2-3 MINS 4 SETS OF 5 REPS
- 2. BARBELL OVERHEAD PRESS**
REST 2 MINS 3 SETS OF 8 REPS
- 3. HEAVY KETTLEBELL SWINGS**
REST 90 SECONDS 3 SETS OF 8 REPS
- 4. PULL-UPS**
(USE BANDS OR WEIGHTS TO ADJUST DIFFICULTY)
REST 2 MINS 3 SETS OF 6 REPS

DAY 2 | FULL-BODY BODY BUILDING

- 1A. DUMBBELL INCLINE PRESS**
REST 90-120 SECONDS 3 SETS OF 12 REPS
- 1B. DUMBBELL RDL'S**
REST 90-120 SECONDS 3 SETS OF 10 REPS
- 2A. ONE ARM SUPPORTED DUMBBELL ROWS**
3 SETS OF 12 REPS PER SIDE
- 2B. HACK SQUAT/LEG PRESS**
REST 90-120 SECONDS 3 SETS OF 10 REPS
- 3A. CABLE TRICEP EXTENSIONS** 4 SETS OF 10 REPS
- 3B. BARBELL BICEP CURLS** 4 SETS OF 8 REPS
- 3C. DUMBBELL LATERAL RAISES**
REST 60 SECONDS 4 SETS OF 15 REPS

DAY 2 | FULL-BODY BODY BUILDING

- 1A. LAT PULLDOWNS**
REST 90-120 SECONDS 3 SETS OF 12 REPS
- 1B. FRONT FOOT ELEVATED SPLIT SQUATS**
REST 90-120 SECONDS 3 SETS OF 12 REPS
- 2A. MACHINE CHEST PRESS** 3 SETS OF 12 REPS
- 2B. SINGLE LEG BENCH DUMBBELL HIP THRUSTS**
REST 90-120 SECONDS 3 SETS OF 12 REPS
- 3A. OVERHEAD SINGLE ARM TRICEP EXTENTIONS**
4 SETS OF 12 REPS PER SIDE
- 3B. BARBELL BICEP CURLS** 4 SETS OF 12 REPS
- 3C. DUMBBELL LATERAL RAISES**
REST 60 SECONDS 4 SETS OF 15 REPS

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